



# COUNTY PARKS AND RECREATION

A C T I V I T Y & P R O G R A M G U I D E



**Parks  
Make  
Life  
Better!** <sup>SM</sup>



## ***Parks Make A Difference In Health And Well Being***

Just around the corner, spring is in our midst. This is a great opportunity to cure that cabin fever and head outside for a little activity. Get out and discover your neighborhood community center or park, and with the changing of seasons, let San Diego County Parks and Recreation help you get active and healthy.

Parks reinforce and encourage the connections between a healthy environment and a healthy society. We offer a variety of programs, classes, special events, and outdoor recreation opportunities that can help you and your family stay well and active, while introducing you to one of our many facilities.

Are you up for a weekend adventure? Then head to Agua Caliente Regional Park, located in the Anza Borrego Desert, about 100 miles east of San Diego. Grab your hiking boots and bring the family for a day hike through the desert in search of spring wildflowers. After the hike, relax in one of the park's geothermal heated springs and finish the day under the stars with park staff as they discuss the cosmos.

Looking for something more local? Bring the family to Dos Picos Regional Park for a Saturday of fun and free activities for your children. From arts and crafts, to scavenger hunts, to guided hikes through the park, Dos Picos offers something for everyone, and gives you a chance to exercise, enjoy the beautiful surroundings, and reconnect with family and friends.

One of our main goals is to help citizens improve their health. February is American heart month and an opportunity for all of us to think about our heart health and heart disease prevention. With over 100 programs Countywide, we have something for everyone to encourage a healthy lifestyle. Join us in our efforts to remain active and visit one of our parks, recreation, or sports facilities this spring.

**Brian Albright, Director**  
County of San Diego Department of Parks and Recreation



### **Headquarters**

County of San Diego Department of Parks and Recreation

5500 Overland Avenue, Suite 410

San Diego, California 92123 | (858) 694-3030

[www.sdparks.org](http://www.sdparks.org)



### **SYMBOL KEY**



CAMPGROUND



COUNTY PASSPORT PROGRAM



FISHING



HISTORIC SITE



SPORTS FACILITY



WEDDING CEREMONY/RECEPTION SITE

**1 4S RANCH SPORTS PARK**

16118 4S Ranch Pkwy  
San Diego | (858) 673-3900

**YOUTH ROLLER HOCKEY CLINICS**

*Saturdays, January 7 – March 24*

*Saturdays, April 7 – June 16*

(10-week session plus playoffs)

8 am – 12 pm

Youth roller hockey Saturdays (ages 5-18) are hosted by volunteer coaches who have a passion for teaching young athletes the sport of roller hockey. From a beginner to the very advanced, we have a class to fit your needs. Our hockey program focuses on the importance of skating and puck handling. Registration is ongoing. Sign-ups are welcome anytime during the session. For more information please visit our website at [www.4sranchrollerhockey.net](http://www.4sranchrollerhockey.net) or call.

**ADULT ROLLER HOCKEY CLINICS**

*Mondays, January 9 – April 9*

*Mondays, April 16 – July 9*

(10-week session plus playoffs)

6 pm – 10 pm

Monday night roller hockey (ages 18+), is designed to provide a league for less advanced players to the slight skilled players. This league is meant for those who wish to play at a level that is less competitive and geared towards those who wish to better their skills through games. All teams play each other throughout the season. Team standings divide the teams into two divisions for playoffs and championships. Free agent players are welcome. For more information please visit our website at [www.4sranchrollerhockey.net](http://www.4sranchrollerhockey.net) or call.

**ADULT ROLLER HOCKEY CLINICS**

*Tuesdays, January 17 – April 10*

*Tuesdays, April 17 – July 16*

(10-week session plus playoffs)

6:30 pm – 10 pm

Tuesday night roller hockey is designed to provide a league for medium skilled players to the slightly higher skilled players. This league is meant for those who wish to play at a level that is more competitive. All teams play each

other throughout the season. Free agent players are welcome. For more information please visit our website at [www.4sranchrollerhockey.net](http://www.4sranchrollerhockey.net) or contact the 4S Ranch Recreation Office at (858) 673-3900. Cost is \$700 a team.

**ADULT MEN'S BASKETBALL LEAGUE**

*Tuesdays, February - May*

*Mondays, February - May*

(10-week session plus playoffs)

6:30 pm – 10 pm

Our adult men's basketball league is the talk of the town. We allow for a maximum of a 12-man roster. We provide 10-games plus playoffs. Team and individual stats are posted weekly on the league website. Stats are kept for league leaders and include the following: PPG, 3PG, FG %, FT %, and 3PT %. For more information please visit our website at [www.4sranchbasketball.org](http://www.4sranchbasketball.org) or call.

**MARCH MANIA BASKETBALL TOURNAMENT**

*Sunday, March 4*

All Day Tournament

Join 4S Ranch Sports Park for a 5 vs. 5 man basketball tournament open to players 18 years and older. For more information visit, [www.4sranchbasketball.org](http://www.4sranchbasketball.org), or call.

**2****AGUA CALIENTE REGIONAL PARK**

39555 Great Southern

Stage Rte of 1849

Anza Borrego Desert | (760) 765-1188

**SATURDAYS IN THE PARK**

(Morning or Afternoon)

Check at Ranger Station for time. Children of all ages join park staff and friends for an interactive, educational, fun program at the Agua Club House located across from site #55 in the campground.

**NOCTURNAL DESERT ADAPTATIONS**

*Saturday, February 18*

*Saturday, April 7*

*Saturday, May 26*

7 pm

Listen, learn, and observe the behavior and necessary adaptations of our local desert wildlife including short hikes to visit bat and frog habitats. Located at Agua Caliente Amphitheater at park entrance. Bring a blanket or pillow for comfort. Free of charge for campers, or \$5 day use fee.

**NATURE HIKE**

*Sunday, February 19*

8 am

Meet at the front entrance of the Ranger Station for a mild to moderate hike through the desert in search of spring wildflowers, with hopes of catching a glimpse of desert wildlife. The hike is open to all ages. Free of charge for campers, or \$5 day use fee.



DOS PICOS REGIONAL PARK

**STAR STORIES**

*Saturday, February 25*

*Saturday, April 14*

Begins at Dusk

A guest speaker will cover topics of astronomy beginning with the Aboriginal star interpretation and discuss the Kumeyaay Native American beliefs in the solar system, then continue on with the modern man's attempt to explain the cosmos. Telescope viewing will also be available. Bring a blanket or pillow for comfort. Free of charge for campers, or \$5 day use fee.



## Agua Caliente Regional Park Programs Cont.

### FIRE STARTER SONGS AND STORIES

**Saturday, March 17 – 7 pm**

**Saturday, May 5 – 7:30 pm**

Join the Park Ranger at the Agua Caliente Amphitheater around the camp fire to sing songs and tell stories. Bring a jacket and pillow for comfort. The event is open to all ages. Free of charge for campers, or \$5 day use fee.

### GEOLOGY HIKE IN BLAIR VALLEY

**Saturday, March 24**

**10 am – 2 pm**

Join the Park Ranger and convoy 14-miles out to Caravan Valley to enjoy a moderate hike up Ghost Mountain to view the Mortero Site and ancient pictographs. Bring a lunch and wear sturdy shoes and sunscreen. Meet in your vehicle at the Agua Caliente Store below the park entrance station. Open to all ages. Free of charge for campers, or \$5 day use fee.

### 60 MILLION YEARS IN 60 MINUTES

**Saturday, March 24**

**8 pm**

Join guest professor and author, Carol Zeigler at the Agua Caliente Amphitheater, as she explains the desert evolution and the birth of Agua Caliente. This interactive program will be full of stories and interpretations for children. Bring a jacket and a pillow for comfort. Free of charge for campers, or \$5 day use fee.

### ROCK AND MINERAL HOUNDS

**Saturdays, February 18, April 7, May 26**

**1 pm – 3 pm**

Join the Rangers to learn about the rocks and minerals that surround the land. This program is part of the Jr. Science Program for children ages 7-13. All project materials will be provided for the kids. Free of charge, for campers, or \$5 day use fee.

### NATURE HIKE

**February, 26, March 18, April 8,**

**April 15, May 6, May 27**

**9 am**

Join the Park Ranger for an interpretive hike along the Agua Caliente slopes and washes. View wildflowers in bloom with hopes of catching a glimpse of desert wildlife. The hike is open to all ages. Meet at the front entrance station. Free of charge for campers, or \$5 day use fee.

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### ALPINE COMMUNITY CENTER

**1830 Alpine Blvd**

**Alpine | (619) 445-7330**

The center offers child care, teen programs, senior nutrition programs, community recreation, picnic facilities, cultural activities, facility rentals, adult softball, and Bobby Sox softball. Call for information.

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### ANTIQUE GAS AND STEAM ENGINE MUSEUM

**2040 N. Santa Fe Ave**

**Vista | (760) 941-1791**

[www.agsem.com](http://www.agsem.com)



### VISTA CIVIL WAR REENACTMENT

**March 10 – March 11**

**12 pm and 3 pm**

Hundreds of uniformed combatants will clash in raging battles, recreated by some of the largest reenactment groups in California. Visitors will experience firsthand the sights and sounds of America's most costly war.

Visitors can expect to see real live cannon fire, period costumes, historical figures, and authentic battles. Meet with the soldiers in their camps, and attend demonstrations during the two-day festival. Battles will be held twice daily at 12:00 p.m. and 3:00 p.m. both days. The museum will also have walking tours of their antique equipment collection and offer visitors a selection of food and refreshments. For more information go to [www.agsem.com](http://www.agsem.com) or call.



COLLIER PARK

**5**

### CACTUS PARK

**10567 Ashwood St**

**Lakeside | (619) 390-6017**

Cactus Park offers youth and adult sports leagues, and a BMX track. Call for more information.

**6**

### CAMPO STONE STORE AND MUSEUM

**31130 Highway 94**

**Campo | (619) 390-6017**



Visit the Pioneer Museum downstairs, and then head to the Military Museum upstairs with emphasis on U.S. Cavalry and the Buffalo Soldiers. A short video will be provided. Saturdays and Sundays 11am – 5 pm.

**7**

### COLLIER PARK

**626 E St**

**Ramona | (760) 788-7564**

Collier Park has the Boys' and Girls' Club in the park. The park has a soccer arena, tennis courts, playgrounds, and walking trails. Call for more information.



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## DEL DIOS HIGHLANDS PRESERVE

9860 Del Dios Hwy  
Escondido | (760) 745-4379

This 774 acre preserve straddles the San Dieguito and Escondido Creek Watersheds and provides a 1.4 mile passive trail connection joining the communities of Del Dios and Elfin Forest. The trail is open for hiking, mountain biking, and equestrian use. Half way up the trail from the Del Dios Highway staging area, visitors can enjoy an inspiring view of Lake Hodges to the southeast. Further up the trail, the Pacific Ocean can be seen on a clear day. The trail connects with the Elfin Forest Recreational Reserve trail system. The preserve is open 7-days a week from 8 am to one half-hour before sunset.

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## DOS PICOS REGIONAL PARK

17953 Dos Picos Park Rd  
Ramona | (760) 789-2220



### FREE SATURDAY PROGRAMS

*Every Saturday*

Free Saturday programs meet at the Amphitheater at the scheduled time. Programs may change or cancel without notice depending upon the weather and Ranger availability. The Ranger needs to have at least 10 people for each program to begin, so bring a friend!

### SNAKES 'N SKINS WITH RANGER RON

11 am – 11:30 am

Come see and feel creatures living and non-living! Ranger Ron will break out his animal skin collection and introduce some of the office critters too. Free of charge and fun for the whole family!

### JR. RANGERS

1 pm – 2 pm

Do you like science and nature shows? The Jr. Rangers outdoor education program is based on California Science Standards. We will investigate and explore the rocks, plants, and critters of the park. Don't forget to bring your Jr. Rangers log book to get credit for participation!

### CRAFT TIME

2 pm – 3 pm

Remember how fun it was to sit down and make a cool craft? It still is! Come make a project you can keep. \$1 donation per crafter gratefully accepted.

### EARTH BALL

4 pm – 4:30 pm

Can you imagine a bunch of ants fighting over a grape? Well that's what we look like when we play with the Earth Ball. It's the biggest beach ball you have ever seen! Get exercise and enjoy the game.

### TEXTURE SCAVENGER HUNT (Beginning March 17)

5 pm – 6:30 pm

This is a Dos Picos favorite that

combines crayon rubbings with a no-holds-barred scavenger hunt! Get your group together and try to find as many of the listed texture objects as you can before time runs out.

### EVENING PROGRAMS

February 4 – March 3: 7 pm – 7:45 pm  
March 10 – March 31: 8 pm – 8:45 pm  
April 7 – April 28: 8:30 pm – 9:15 pm  
May 5 – May 26: 9 pm – 9:45 pm

After sunset join us at the Plymax Theater and watch the evening come to life with a cool computer slide show, music, and check out our live bug cam! Free to all ages. Families encouraged.

### BAT HIKE

May 5: 7:35 pm – 8:20 pm  
May 12: 7:40 pm – 8:25 pm  
May 19: 7:45 pm – 8:30 pm  
May 26: 7:50 pm – 8:35 pm

Learn how to see and hear real bats as they come out to feed in the park! Expect an easy half-hour walk in the twilight. Timing is everything on this hike, and it all depends upon the changing time of sunset, so don't be late. Bring a flashlight and an adult.

### NIGHT STAR HIKES WITH RANGER RON

*Fridays*

February 17, 24  
March 16, 23  
April 13, 20, 27  
May 11, 18, 25  
9:30 pm – 10 pm

Meet at the Ranger's office, and dress warmly. Bring a flashlight and an adult. Star Hikes will be cancelled during cloudy weather.

### LEPRECHAUN HUNT

*Saturday, March 17*  
**Begins at Sunrise – Until all  
Leprechauns can be found**

There will be 21 leprechauns hiding in the park. Assemble your team or hunt alone to find as many as you can. The hunt begins at sunrise and ends when all the leprechauns are found. Exchange your leprechauns at the Ranger's office for prizes!



## Dos Picos Regional Park Programs Cont.

### EASTER EGG HUNT

**Saturday, April 7**  
**10 am**

The park will be filled with more than 4,000 goodie filled eggs awaiting children in three designated zones for ages 0-2, 3-5, and 6 and up. Hang around after the hunt to visit the Easter Bunny for pictures! A \$1 donation is requested to support the event, and parking can be found in the day use lot for \$3.

### MOONRISE HIKE

**Saturday, April 7**  
**8:30 pm – 9:30 pm**

Come witness the magic of the full moon's rise on this journey through the park at dark. The hike will have moderate hills, so wear sturdy shoes. Bring a flashlight and an adult.

### SELF-GUIDED HIKES AT DOS PICOS

*At convenience of hiker*  
**9 am – Sunset**

Pick up a self-guided hiking sheet or try out our Audio Trail Guide on park provided iPods located at the Ranger's Office free of charge! You can also borrow an Exploration Pack to help you in your nature investigations.

### CABINET OF CURIOSITIES

*At convenience of patron*  
**9 am - Sunset**

Are you fascinated by the form and function of nature? We are too! Come check out and touch all the cool, creepy things we have preserved at the Ranger's office. All we ask is that you don't open the jars. Why? Because you don't want to open those jars!

### DISCOVERY KIT PROGRAM

**Times Vary**

Dos Picos participates in the County's award winning Discovery Kit Program, a free outdoor education based on California Science Standards for grades K-6th. Ranger visits and more await your school. Email Ranger Kyle at [kyle.icke@sdcountry.ca.gov](mailto:kyle.icke@sdcountry.ca.gov) for more information and to make an appointment for your school.

### TRAINING FOR GIRL SCOUTS

**Times Vary**

Dos Picos Park offers free Lead-a-Hike training for the Junior and Cadet Girl Scouts. Contact Kyle Ranger at [kyle.icke@sdcountry.ca.gov](mailto:kyle.icke@sdcountry.ca.gov) for more information.

## 10 EL CAPITAN PRESERVE

**13775 Blue Sky Ranch Rd**  
**Lakeside | (619) 956-4707**

Come and enjoy multipurpose trails that will challenge even the most fit. Patrol volunteers needed. Call (858) 966-1335 for information.

## 11 EL MONTE REGIONAL PARK

**15805 El Monte Rd**  
**Lakeside | (619) 443-1474**  
**Fees: Parking is \$3 per vehicle**



Playgrounds, picnic and wedding facilities, open field, horseshoe pits, barbeque grills, and ball field. Picnic and wedding area can be reserved in advance.

Park visitors can check out sports equipment (volleyballs and nets, cones, footballs, flags, softballs, bases, bats, mitts, soccer balls, bocce ball, croquet, ladder golf, Frisbees, and hula hoops) with a valid driver's license.

Enjoy the spectacular views of El Monte Valley and El Capitan from the newly dedicated 4.1 mile, El Monte Trail. Park approximately 100 yards west of the park entrance, north of El Monte Road.

## 12 FALLBROOK SPORTS FACILITY

**205 N Main Ave**  
**Fallbrook | (760) 728-8848**  
**[www.fallbrooksports.com](http://www.fallbrooksports.com)**

Call for program information and schedules.



FELICITA PARK RENAISSANCE FAIRE

## 13 FELICITA PARK

**742 Clarence Ln**  
**Escondido | (760) 745-4379**  
**Fees: Parking is \$3 per vehicle**



### BAT SENSE PROGRAM

**Saturday, February 11**  
**2 pm**

Join Park Rangers and Project Wildlife for an interesting and informative presentation about native bats. Learn how important bats are to the environment and how we can protect these creatures of the night. Meet at area #1 on westside of the park.

### RANGER LED HIKES

**Saturdays, March 10 and 31**  
**11 am**

Join the Park Ranger for an exciting tour of the Felicita Park Museum followed by a nature hike. Learn about the parks natural and cultural history, including the Kumeyary Indians that once inhabited the land. Meet at the park museum on the west side of the park. Wear sturdy shoes and bring water.



### RENAISSANCE FAIRE

April 28-29, 10 am – 6 pm  
May 5-6, 10 am – 5 pm

Step back in time to 1572 where more than 500 re-enactors will stage a renaissance era village complete with knights, gypsies, barbarians, and pixies. Jesters, jugglers and magicians will entertain the crowd on various stages, and armies will clash on the battlefield. Don't miss the Queen's procession where she and her court will make their way through the village to her throne. These fun filled weekends welcome all ages. Ticket prices: \$17 for adults; \$14 for seniors (55+); \$11 for children (ages 5-11); free for children 4 and under. Active members of the military with valid ID are free. Parking \$5. For more information visit [www.goldcoastfestivals.com](http://www.goldcoastfestivals.com)

### INTERPRETIVE CENTER TOURS AND RANGER PROGRAMS

At Convenience of Patron  
Times Vary

Felicita County Park features an Interpretive Center, which offers an interesting and exciting learning

experience for groups, clubs and classrooms. The Interpretative Center contains historical and cultural displays, artifacts and Native American photographs. For specialized tours and other ranger programs, please contact the park office.

### 14 FLINN SPRINGS

14787 Old Highway 80  
El Cajon | (619) 561-0180  
Fees: Parking is \$3 per vehicle

Playgrounds, picnic areas, open fields, nature trails, pavilions, and wedding gazebo. Group reservations are available.

### 15 GOODAN RANCH



See Sycamore Canyon/Goodan Ranch.

### 16 GUAJOME REGIONAL PARK

3000 Guajome Lake Rd  
Oceanside | (760) 724-4489



#### ARBOR DAY TREE PLANTING

Saturday, April 28

2 pm

Join park staff and celebrate Arbor Day by planting native trees at Guajome Regional Park. This event is great for large groups looking for community service hours, but all are welcome. Wear comfortable shoes, and bring a hat, sunscreen, and gloves for protection. Free to the public.

### 17 HERITAGE PARK



2454 Heritage Park Row  
Old Town San Diego | (858) 966-1308

The Temple Beth Israel and the lawn remain open to the public for event reservations. All existing reservations for use of the Temple and park will be honored by the County, and may be confirmed with Sylvia Bugiel at (858) 966-1308 or

[Sylvia.Bugiel@sdcounty.ca.gov](mailto:Sylvia.Bugiel@sdcounty.ca.gov).

### 18 HELLHOLE CANYON PRESERVE

19324 Santee Ln  
Valley Center | (760) 742-1631  
[www.hellholecanyon.org](http://www.hellholecanyon.org)

Hikes are led monthly on every 3rd Saturday at 9 am from the preserve parking lot. Ranger-led hikes and interpretive talks are available to groups upon request. For a safe, rewarding hike, we ask you to bring water, hat, sunglasses, sunscreen, long-sleeved shirt and pants, sturdy hiking shoes, snack foods, binoculars and camera. Hikes at Hellhole can be strenuous, and temperatures can get very hot. Patrol volunteers also needed.

### 19 JULIAN MUSEUM & PIONEER PARK

2811 Washington St  
Julian | (760) 765-0227



The Julian Pioneer Museum is housed in a late 1800s building containing nineteenth-century clothing, household furnishings, artifacts from gold mining and those of American Indian life. Call for hours of operation.

### 20 LAKE MORENA

2550 Lake Morena Dr  
Campo | (619) 579-4101



#### NATURE HIKE

Saturdays, April 7, 21

Saturdays, May 5, 19

2:30 pm

Take a relaxing and easy hike at Lake Morena Regional County Park. During the hike you will learn about native plants in the area, and how the Kumeyaay Indians utilized the natural vegetation in their daily lives. You will also learn the history of Lake Morena. The hike lasts about an hour. Free of charge for the public. Parking is \$3 for those not camping at Lake Morena. Call in advance to verify the hike start time.









## 21 LAKESIDE LINKAGE PRESERVE

NE Corner of Los Coches  
and Ha-Hana Road  
San Diego | (619) 709-2464

### EXPLORE COASTAL SAGE HABITAT

Sunday, March 18

Sunday, April 22

9 am – 10:30 am

Join the Ranger for a moderate hike to explore the world's second most endangered habitat, the Coastal Sage Scrub. You will learn how the Native Americans used the plants, and we will be looking for wildlife that calls this habitat home. Bring water, wear comfortable hiking shoes, and dress according to the weather. Binoculars are recommended. Parking is along Los Coches Road north of Ha-Hana Road.

## 22 LINDO LAKE COUNTY PARK

12660 Lindo Ln  
Lakeside | (619) 709-2454

### DISCOVERY TABLE

Sundays, February 12, March 4,

April 15, May 20

9 am – 11 am

Join the Ranger at the Touch Table to check out the animal skins, live snakes, and other cool items that you will be able to touch. This is a great learning opportunity for children and families.

## 23 LIVE OAK PARK

2746 Reche Rd  
Fallbrook | (760) 728-2303

### PAWS IN THE PARK

Saturday, April 21

10 am – 2 pm

Join us for a community-sponsored event geared towards healthy and responsible dog ownership. The event includes an amateur dog show, informational booths, prizes and pet ownership outreach. Prizes will be given for the most handsome dog, prettiest dog, smallest and biggest dog. Other categories include cutest puppy, fastest tail wag, best trick, and owner-dog look alike.

### ARTS IN THE PARK

Sunday, April 29

11 am – 4 pm

Arts in the Park invite children and their families to a free day of artistic adventures that will spark their imagination and creativity. The event was created to provide the opportunity for children and their families to participate in free activities that include drama, music, dance, arts, and crafts. All materials are provided. Food and drink will be available for sale. The event is sponsored by Fallbrook-Bonsall rally for children.

## 24 LOS PEÑASQUITOS CANYON PRESERVE & RANCH HOUSE

12122 Canyonside Park Dr  
San Diego | (858) 484-7504

### GUIDED HIKES AND ACTIVITIES

The Friends of Los Peñasquitos Canyon Preserve schedule a variety of hikes into the Preserve. Become a friend of the canyon and join the hikes by calling, (858) 484-3219, and to find the schedule.

### DOCENT LED TOURS

Saturdays, 11 am

Sundays, 1 pm

Step back in time and visit the historic Johnson-Taylor Adobe led by our Los Peñasquitos Rancho Tour Guides. Immerse yourself in the various cultures, people, and architecture that shaped San Diego. Call for more information.

### SAN DIEGO COUNTY ARCHAEOLOGICAL SOCIETY

The San Diego County Archaeological Society is dedicated to the study and preservation of the archaeological and anthropological heritage of San Diego County. For more information call, (858) 538-0935.

### FRIENDS OF LOS PEÑASQUITOS CANYON PRESERVE

The Friends of Los Peñasquitos Canyon Preserve work to protect the Preserve, assist the Rangers, lead interpretive walks, remove invasive plant species to be replaced with native plants, and other related activities. The Board meets monthly and welcomes new volunteers



LIVE OAK PARK - PAWS IN THE PARK

in any capacity. For more information call (858) 538-2527.

### LOS PEÑASQUITOS TRACKING TEAM

The Los Peñasquitos Tracking Team provides focused wildlife studies in and around the Los Peñasquitos Canyon Preserve. They offer a number of classes in the art of wildlife tracking and naturalist skills development. Free monthly tracking walk on the second Saturday of each month. For more information call (858) 672-0584.

## 25 LOUIS STELZER PARK

11470 Wildcat Canyon Rd  
Lakeside | (619) 561-0580  
Fees: Parking is \$3 per vehicle

### DISCOVERY KIT PROGRAM

Times Vary

Louis Stelzer Park participates in the County's award winning Discovery Kit Program, free outdoor education based on California Science Standards for grades K-6th. Ranger visits and more await your school. Email Ranger Christine Dillon-Crawley at [Christine.dillon@sdcountry.ca.gov](mailto:Christine.dillon@sdcountry.ca.gov)





for more information and to make an appointment for your school.

## 26 MT. GOWER PRESERVE

17090 Gunn Stage Rd  
Ramona | (619) 956-4707

Witness the recovery process since the Cedar Fire damaged the Preserve in 2003, as the incredible views are still intact! Use caution in some areas where trail washouts still exist. Primitive campsites are available (with a restroom nearby), which is a great place for scouting events and outdoor get-togethers. Make your reservations at [www.sdparks.org](http://www.sdparks.org) or call.

## 27 OAKOASIS PRESERVE

12620 Wildcat Canyon Rd  
Lakeside | (619) 561-0580

Oak Oasis is an excellent place to enjoy a leisurely walk. The preserve features acres of woods, hills, multi-use trails, and views. Dogs on leash and horses are welcome.

## 28 OTAY LAKES PARK

2270 Wueste Rd  
Chula Vista | (619) 482-7361  
Fees: Parking is \$3 per vehicle

### PATROL VOLUNTEERS NEEDED

Playgrounds, picnic areas and trails run through this park for day use. Call (858) 966-1335 for information.

## 29 PINE VALLEY

22810 Old Highway 80  
Pine Valley | (619) 473-8558

Pine Valley is a day use park with three reservable picnic areas on 17 acres. Lawn, tall pine trees, and broad oak cover much of the park. Recreational activities include ball fields, tennis courts, shuffleboard, horseshoes, and playgrounds.

## 30 POTRERO

24800 Potrero Park Dr  
Potrero | (619) 478-3212



Potrero Regional Park offers RV, tent, and group camping. Hot showers are available for campers staying at one of the 39 RV sites, which have electrical hook-ups and water, or at one of the tent sites. There is a holding tank disposal station near the campground. Much of the 115-acre park consists of picnic areas. Visitors can also enjoy ball fields, an enclosed pavilion, playgrounds, and hiking trails.

## 31 RANCHO GUAJOME ADOBE

2210 North Santa Fe Ave  
Vista | (760) 724-4082  
(760) 940-8260 Gift Shop



### ADOBE DAYS

Saturday, June 9  
10 am – 4 pm

Hands-on activities will include adobe brick-making, gold panning, rope making, acorn grinding, a petting zoo, and crafts for kids. Interactive demonstrations will consist of blacksmithing and gardening. There will be a Farmer's Market featuring dozens of local farms, nurseries, artists,

and local organizations focused on the environment, so bring your reusable shopping bag. The event will include live music, Native American storytelling, and Adobe House tours offering a wide variety of food choices. Cost: \$4 for adults (13 & over); \$1 for children (4-12); free for children 3 and under.

### GUIDED TOURS

Wednesday – Friday, 12 pm

Saturday – Sunday, 12 pm and 2 pm

### SELF GUIDED TOURS

Wednesday – Friday

9:30 am – 4 pm

### SCHOOL TOURS

Days Vary

Times Vary

Teachers can arrange school tours for their 3rd, 4th, and 5th graders by calling the park office. The Adobe Tour includes a brick-making activity with a Ranger at the conclusion of the tour. School groups are also welcome to stay and utilize the park's outdoor picnic venue. \$1/student.

### TRAILS/NATIVE GARDEN

At Convenience of Patron  
During Open Hours

During daylight hours, visitors can hike, ride, or bike along the park's multi-use trail. Also, take time to smell the native flowers that will be in bloom starting in February in the Native Plant Garden, just south of the historic Adobe.

### VOLUNTEER

On the First Tuesday of Every Month  
10 am

Docents meet at the park office to sign-up for tours, plan events, socialize, and participate in the preservation of our historic adobe. Join us to learn how you can become a docent!

### 32 SAN DIEGO BOTANIC GARDEN

230 Quail Gardens Dr  
Encinitas | (760) 436-3036



One of the world's most diverse and important plant collections includes California native plants, exotic tropical specimens, palms, and 30 acres with scenic walks and trails. Nice wedding locations within the gardens. For information please visit [www.sdbgarden.org](http://www.sdbgarden.org). **Fees:** Adults \$12; Seniors, Students and Military \$8; Children (3 to 12) \$6; Parking \$2. Hours 9 am - 5 pm daily.

### 33 SAN DIEGUITO PARK

1628 Lomas Santa Fe Dr  
Del Mar | (858) 755-2386  
**Fees:** Parking is \$3 per vehicle



#### EASTER EGG HUNT

*Sunday, April 1*  
11 am

Join San Dieguito Park staff for the family friendly Easter Egg Hunt for children 0-12 years of age. Come enjoy a day at the park filled with games for kids, face painting, arts and crafts. Bring your basket to collect eggs. Free to the public.

### 34 SAN ELIJO LAGOON ECOLOGICAL RESERVE & NATURE CENTER

2710 Manchester Ave  
Cardiff | (760) 634-3026



#### FAMILY DISCOVERY DAYS SPRING TIME EGGUCATION

*Saturday, March 31*  
*Sunday, April 1*  
1 pm - 4 pm

Join us for a different spin on the traditional egg hunt, where families will be treated to an egg find, themed crafts, and hands-on fun! Kids will get an up-close look at live critters that hatch from eggs including reptiles, birds, and insects. The event will also feature an "egg-citing" trivia hunt around the loop trail.

### 35 SANTA MARGARITA PRESERVE

37385 De Luz Rd  
Fallbrook | (760) 728-2303

This 221-acre preserve has a nice equestrian-friendly staging area and 1.5-miles of multi-use trails great for horseback riding, hiking and bird watching. To the north the trails connect with 11-miles of trails owned by the Fallbrook Public Utility District. The preserve is open 7-days a week from 8 am to one half hour before sunset. In the event of rain the preserve will not open for at least 24-hours.

### 36 SANTA YSABEL PRESERVES

**Eastside:** 500 Farmer Rd  
Julian | (760) 765-4098  
**Westside:** 23000 Block of Hwy 79  
Santa Ysabel | (760) 765-4098

#### GUIDED HIKE – EAST SIDE

*April 1, April 28, May 20 – Farmer Staging Area*

*April 22, May 26 – Hwy 79 Staging Area*  
9 am

Spring is the perfect time to enjoy a guided hike in the beautiful Santa Ysabel Preserve. Join our Rangers as we explore the many wildflowers of the area, and hopefully catch a glimpse of the varied wildlife. The Highway 79 hike is more strenuous than the Farmer hike. Weather varies, so please come prepared with appropriate hiking attire. Water and a light jacket are recommended. Inclement weather will cancel all hikes. Call ahead.

#### GUIDED HIKE – WEST SIDE STAGING AREA

*April 14, 15, May 6, 27*  
9 am

Come and enjoy the beautiful meadows in one of the newest County Preserves. Join our Rangers on a guided hike and learn about the history of the area and enjoy the many different flowers that call Santa Ysabel home. Meet at the kiosk in the staging area. Weather varies so please come prepared with appropriate hiking attire. Water and a light jacket are



SPRING VALLEY GYMNASIUM

recommended. Inclement weather will cancel all hikes. Call ahead.

### 37 SPRING VALLEY GYMNASIUM SPORTS FACILITY

838 Kempton St  
Spring Valley | (619) 667-6833



#### YOUTH OPEN PLAY

*Monday – Friday*  
3:30 pm – 9 pm

To participate, youth must bring the Release Form Packet completely filled out and signed by parent or guardian. This form puts your child on the Open Play Checklist, where the child must check in every day they participate. Kids under 10-years of age must be accompanied by an adult. Children must wear gym appropriate clothing. No jeans. Age requirement is 17 and under. Free for all youth.



**ADULT OPEN PLAY****Monday – Friday****3:30 pm – 9 pm**

To participate, adults must fill out the Release Form. This form puts you on the Open Play Checklist, where you must check in every day that you participate. Must wear gym appropriate clothing. No jeans. To check out equipment, adults must bring a form of personal

identification such as a driver's license. Cost is \$1/day or \$20/year for an annual pass. Age requirement is 18 years and older.

**ADULT MEN'S BASKETBALL LEAGUE****Thursdays, March 1 – May 24****6 pm – 10 pm (Game times vary)****(10 week session plus playoffs)**

Come participate in the best men's basketball league offered in East County. With over 16 teams spanning 2 divisions, this league has been expanding rapidly. Game times begin at 6 pm, 7 pm, 8 pm, and 9 pm. There is a 'B' division and a 'C' division with 8 teams per division. Stats are kept for league leaders. For more information please email Kelly Hahs at, [Kelly.hahs@sdcounty.ca.gov](mailto:Kelly.hahs@sdcounty.ca.gov) or call (619) 667-6833. Cost is \$350 per season + \$24 per game for referee fees.

**38****SWEETWATER LANE SPORTS FACILITY****1312 Sweetwater Ln****Spring Valley | (619) 479-1832**

Football, soccer, youth baseball, adult and youth softball, track and field club. Call for more information.

**40****SYCAMORE CANYON/GOODAN RANCH PRESERVE****16281 Sycamore Canyon Rd****Poway | (858) 513-4737****HISTORY NATURE WALK****Saturday, February 4****9 am – 11 am**

Join Karen Larsen and Carol Crafts of the Friends of Goodan Ranch for a unique and enlightening look into the history of the Sycamore Canyon/Goodan Ranch area. Ranging from the Kumeyaay inhabitation to the old working ranch as well as the historical town of Stowe that once existed in our valley, this walk is sure to keep you fascinated. The program will start at the Goodan Ranch staging area. Space is limited to 30, so please call (858) 513-4737 for reservations. Rain or muddy conditions will cancel walk. Free to the public.

**SPRING VALLEY GYMNASIUM RENTAL**

The gymnasium is a 15,860 square foot state of the art basketball/volleyball facility capable of hosting large tournaments, leagues, rentals, or open play. Community programs are also available ranging from cheerleading to sports camps. All requests for gym rentals must be made 30-days or more in advance to be considered. We recommend a minimum of a 30-day notice to rent our facility. If you cancel within 30-days, your deposit is non-refundable. Give 1-2 days to process request. If you are renting for a tournament, a \$250 deposit is due immediately and balance is due by Friday at 5 pm before the tournament, along with a copy of your liability insurance. If you cancel within 30-days, your deposit is non-refundable.

Mon. – Fri.	Half Gym (1 Court)	\$50/hour	3:30 pm – 9 pm
Mon. – Fri.	Full Gym (2 Courts)	\$100/hour	3:30 pm – 9 pm
Sat. – Sun.	Half Day (2 Courts)	\$400/day	8 am – 10 pm (4 hr min)
Sat. – Sun.	Full Day (2 Courts)	\$550/day	8 am – 10 pm (4 hr min)

## Sycamore Canyon Programs Cont.

### COFFEE WITH A RANGER

**Saturday, March 10, April 28**

**9 am – 11 am**

Join park staff for snacks and drinks at the Preserve Visitor Center for a chance to learn all about what it's like to be a Park Ranger. You can ask questions and learn, in an informal setting, all about what we do on a daily basis. Come with your questions ready! Space is limited to 30, so please call (858) 513-4737 for reservations. Guests will park at the Goodan Ranch Staging area and must walk approximately 1-mile down to the visitor center. Rain or muddy conditions will cancel the event. Free to the public.

### STAR PARTY

**Fridays, February 17, March 16,**

**April 20 and May 18**

**Sunset**

Join the San Diego Astronomers Association (SDAA) volunteer astronomers and park staff at the Hwy 67 staging area for a night under the stars. Come experience the chance to view our galaxy using the same technology used by the professionals. Viewers will get a chance to see many amazing sights, which they wouldn't normally see without the trained eye. Bring sturdy shoes and a jacket. Clouds or rain the event will be cancelled. Free to the public.

### LIVE RAPTOR EXPERIENCE

**Saturday, February 25**

**11 am – 12 pm**

Join Ranger Maureen and her live raptors to learn all there is to know about these magnificent birds. Eating habits, nesting, and survival will all be discussed with a chance to view these large raptors up close. Feathers, skull reproductions, and pellets will also be on display for your examination. Space is limited to 50, so please call (858) 513-4737 for reservations. Guests can park at the Goodan Ranch Staging area and must walk approximately 1-mile down to the visitor center. Rain or muddy conditions will cancel the event. Free to the public.

### INTRODUCTION TO GEOCACHING

**Saturday, March 24**

**10 am – 12 pm**

Geocaching is a type of treasure hunt where people use a hand held GPS device to find a hidden container, usually containing a log book and small trinkets. This phenomenon has grown to a world-wide level now available in every corner of the planet. This is your chance to experience the sport in the only County Park where it is allowed. This program is aimed at guests who have never played the sport and would like to learn more about it. Geocaching in the park will follow a slideshow and discussion in the Visitor Center. It is recommended guests bring their own GPS unit as the number available from staff is limited. Two new Geocaches will be placed for this event, celebrating the changing of seasons! Space is limited to 50, so please call (858) 513-4737 for reservations. Guests can park at the Goodan Ranch Staging area and must walk approximately 1-mile down to the visitor center. Rain or muddy conditions will cancel the event. Free to the public.

### EDIBLE PLANTS

**Saturday, April 7**

**9 am – 11 am**

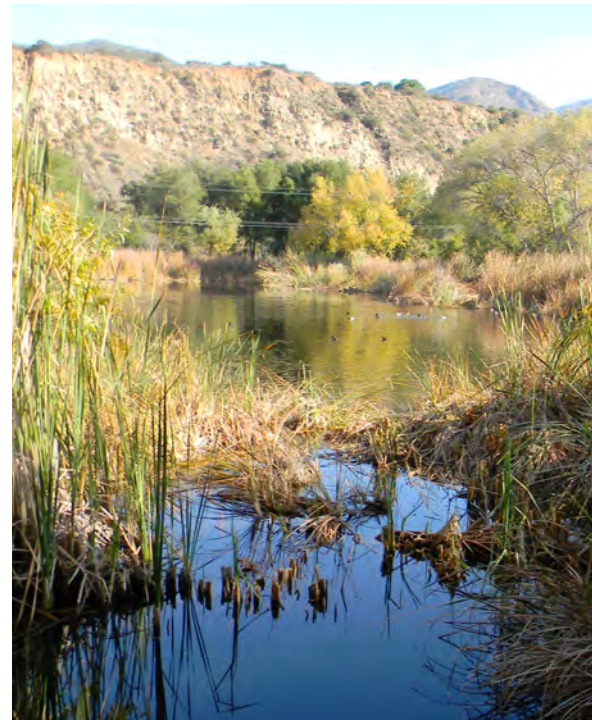
Come learn all there is to know about our local edible plants from author and college professor, Lisa Chaddock. This program can help you learn what is safe and not safe to eat when hiking or camping in the local region. The program will be followed with a walk through the preserve. Space is limited to 30, so please call (858) 513-4737 for reservations. Guests can park at the Goodan Ranch Staging area and must walk approximately 1-mile down to the visitor center. Rain or muddy conditions will cancel the event. Free to the public.

### WILDFLOWER WALK

**Sunday, May 6**

**9 am – 11 am**

Come enjoy the beautiful weather and learn all about our local plant life. This walk, led by Ranger Maureen, will teach you all about the different, unique and amazing plants we have throughout



WILDERNESS GARDENS PRESERVE

our park and how they all interact with each other. She will show you the abundant plant life we have throughout the preserve and why these plants are important for the survival of everything else. Come prepared for a hike. Space is limited to 30, so please call (858) 513-4737 for reservations. Guests will meet at the Goodan Ranch Staging area. Rain or muddy conditions will cancel the event. Free to the public.

### SNAKES ENCOUNTER

**Saturday, May 26**

**10 am – 11 am**

Do you like snakes? Would you like to see them up close? Learn all there is to know about our local species of snakes found right here in San Diego. You will learn about what they eat and how they survive in the wild. Bring the family for a chance to understand a commonly misunderstood animal. Space is limited to 50, so please call (858) 513-4737 for reservations. Guests can park at the Goodan Ranch Staging area and must walk approximately 1-mile down to the visitor center. Rain or muddy conditions will cancel the event. Free to the public.





## 41 TIJUANA RIVER VALLEY

2721 Monument Rd  
San Diego | (619) 428-2946

See birds and butterflies traveling the Pacific Flyway in the new Bird and Butterfly Garden. Walking paths meander around plants specially chosen to attract these winged creatures. Check off your bird list while you eat your lunch at one of the picnic tables in the park.

## 42 VALLECITO COUNTY PARK

37349 Great South Stage Rte 1849  
Julian | (760) 765-1188

### VALLECITO DAYS

March 10 - 11  
10 am - 4 pm

Step back in time and experience life in the 1860's frontier at the Annual Vallecito Days. Tour the original Vallecito Stage Station where weary travelers would stop and rest their mules and horses. Visit a mountain man camp and view demonstrations and exhibits on outdoor cooking, and frontier equipment. Greet California Civil War re-enactors retracing part of the California Column route at their campsites. The day will be full of living history activities and is open to all ages.



## 43 VOLCAN MOUNTAIN WILDERNESS PRESERVE

1209 Farmer Rd  
Julian | (760) 765-4098

### TRAIL RESTORATION

Saturdays, April 7, 21 and May 5, 19  
8 am - 11 am

Be a part of the fun and join County Park Rangers and other volunteers as we prepare the Five-Oaks Trail for another great hiking season. Meet at the Volcan Mountain trailhead located on Farmer Road. There will be a ½ mile hike to the work site. Please wear a long sleeve shirt and hiking shoes. Bring water, snacks, a wide-brim hat, sunscreen, work gloves, sunglasses, and a light jacket. Tools will be provided. If you're coming with a large group, please call ahead.

### GUIDED HIKES

Sunday, April 29  
Saturday, May 12  
9 am - 12 pm

Come and enjoy the beautiful views of the Julian area and the desert from atop Volcan Mountain! Take a step back in time and learn the history of the area from the Rangers and Docents. Try and learn the names of the many flowers you'll see along the trail and enjoy a great day on the mountain. Park along Farmer Road and meet at the trail head. Please come prepared with appropriate hiking attire. Rain or muddy conditions will cancel the event.

## 44 WHALEY HOUSE

2482 San Diego Ave  
San Diego | (619) 297-7511



Not only was the Whaley House San Diego's first brick building, it was the County Courthouse, and even served as a billiard hall, ballroom and general store. It also has the reputation as one of the most haunted houses in the nation. For more information on group and individual tours call, (619) 297-7511.

## 45 WILDERNESS GARDENS PRESERVE

14209 Highway 76  
Pala | (760) 742-1631  
Fees: Parking is \$3 per vehicle



### A LOOK BACK IN TIME

February 4, 18  
March 17  
April 7, 21  
May 5, 19  
10 am - 2 pm

The 1.5 mile interpretive walk is an easy to moderate hike that begins at the staging area and proceeds along the main trail. The Ranger will speak about the first settlers of the early American period. During the hike, we will discuss geography, history, and the flora and fauna of the Preserve. The hike will conclude at the Ranger Station with a tour of the Museum. Please bring hiking shoes, drinking water and snacks.

## 46 WILLIAM HEISE COUNTY PARK

4945 Heise Park Rd  
Julian | (760) 765-0650



### NATURE HIKE AT HEISE

Saturdays

January 14, February 25, March 24,  
April 21 and May 19  
10:30 am

Join park staff for an easy to moderate hike through the trails of Heise Park. Weather permitting these hikes will be in the winter, so bring a sweater, jacket, gloves, water, and snacks. All hikes will start at the Ranger station. Free of charge for campers or \$3 day use fee.

### RANGER LED HIKE

Every Sunday thru May 27  
10:30 am

Join park staff for an easy to moderate hike through the trails of Heise Park. Weather permitting these hikes will be in the winter, so bring a sweater, jacket, gloves, water, and snacks. All hikes will start at the Ranger station. Free of charge for campers or \$3 day use fee.

# FALLBROOK COMMUNITY CENTER

341 HEALD LN, FALLBROOK | (760) 728-1671



## BATTLE OF THE BANDS

Saturday, March 31  
1 pm – 8:30 pm

Whether you play at parties, dances, talent shows, paid gigs or in your garage, this event is open to all teen bands in the area. There is no entry fee and a \$100 cash prize for first place. Trophies and donated prizes are awarded for second and third place. Bands must submit an application and a demo CD to the Community Center Office by March 14. Bands will be notified of their performance time by March 26. Battle of the Bands is open to the general public for a \$3 admission.



## PANCAKE BREAKFAST & SPRING EGG HUNT

Saturday, April 7  
7:30 am – 10 am – Breakfast  
10:30 am – Egg Hunt

Bring the whole family and join the Easter Bunny for a tasty pancake breakfast and egg hunt! The Fallbrook Firefighter's Association will serve up a delicious pancake breakfast as the Bunny hops around to meet the kids. After breakfast, join the egg hunt arranged by specific age groups, followed by fun games and contests. Cost for breakfast is \$4 for adults and \$2 for kids under 12.

## SCHOOL VACATION DAY CAMP

April 9 – 13  
7 am – 6 pm

Vacation Day Camp is meant for boys and girls ranging from kindergarten through 6th grade. The Camp provides a safe, supervised, and fun place for school aged children on school holidays. Daily arts and crafts, science, sports and games, snacks, and other fun projects will be a part of the day. Supervision will be provided by Community Center child care staff. Day Camps fill up quickly, so register now to ensure you child's spot. Cost is \$99 before 4/2/12, and \$110 after 4/2/12.

## Rental Rates for your Special Event in Fallbrook

Room	Cap./Sq.Ft	Regular Hr/ Day	Non-Profit Hr/ Day	Refundable Deposit	Tables & Chair Rental Fee
<b>Auditorium (Fri - Sun) (Mon-Thur)</b>	300 / 4032 sq. ft. 300 / 4032 sq. ft.	\$100 / \$540 \$100	\$75 / \$405 \$75	\$300 \$150	\$50 \$40
<b>Kitchen- rented only with auditorium or North Room</b>	—	\$105 flat rate	\$80 flat rate	—	—
<b>Eucalyptus Room</b>	45 / 528 sq. ft.	\$27/hr.	\$20/hr.	—	—
<b>North Room</b>	90 / 1025 sq. ft.	\$220/4 hrs. \$55 add'l hr.	\$160/4 hrs. \$40 add'l hr.	\$100	\$25

Equipment Available: PA Systems & CD Player- Auditorium Only | microphone and stand- auditorium only | Podium TV & VCR | 220 folding chairs | 30 tables 6' | 15 tables 8' | 24 round tables | 3 stage risers 6'x 8'



# LAKE SIDE COMMUNITY CENTER

9841 VINE ST, LAKESIDE | (619) 443-9176



## IT'S HOW WE LIVE!

*Saturday, March 24*

**9 am – 1 pm**

Bring out the whole family for a free community festival featuring games, interactive demonstrations, a rock climbing wall, live entertainment, informational booths, health food samples, health and dental screenings, prizes and giveaways. The event will start immediately following The Run For the Arts. The event is free to the public.

## GYM TRIX GYMNASTICS CLASSES

*Tuesdays*

**Call For Times**

Our gymnastics classes by Gym Trix include tumbling, basic motor skills, creative movement, and all-around fitness in a fun format that will offer your child new enthusiasm for a physically active life! Children will use mats, ropes, balls, balance beams, and other equipment. Help your child increase flexibility, fitness, coordination, self-esteem, and confidence. Fee is \$40 a month per child.

## BOOTCAMP FITNESS

*Tuesdays and Thursdays*

**6 pm – 7 pm**

Are you looking to get off that health plateau or, do you want to change your workout routine? Bootcamp Fitness is appropriate for all fitness levels, as you can set your own pace, but the class will be taught at a moderate fitness level, and will include flexibility, strength, aerobic conditioning, balance, speed and agility training. Open to ages 14 and up. Fee is \$40 a month per person.

## Rental Rates for your Special Event in Lakeside

Room	Cap./Sq.Ft	Regular Hr/Day*	Non-Profit Hr/Day*
Main Hall ( Meyer )	250 / 4650 sq. ft.	\$150 hr.	\$125 hr.
Kitchen	—	\$105 day	\$8 day
Stage	40 / 450 sq. ft.	\$55 day	\$30 day
Moreno	90 / 990 sq. ft.	\$95 hr.	\$60 hr.
Lakeshore	30 / 1050 sq. ft.	\$23 hr.	\$15 hr.

Equipment Available For Rent: Chairs, 5' Round Tables, 6' Rectangle Tables, Projector (Main Hall Only), P.A. System and Microphones

\*4-hour minimum for weekends (Friday-Sunday)

# SPRING VALLEY COMMUNITY CENTER

8735 JAMACHA BLVD, SPRING VALLEY | (619) 479-1832



## PANCAKE BREAKFAST & SPRING EGG HUNT

*Saturday, April 7*

**7:30 am – 9 am – Breakfast**

**9 am – 9:30 am – Egg Hunt**

Join the Spring Valley Community Center for a special visit from Spring Valley's own, "Bunny!" Breakfast includes pancakes, sausage, juice, coffee, and milk, all served by the enthusiastic Kiwanis Club. After breakfast, join the Bunny for a free egg hunt for children ages 2-10. Pictures with the Bunny will be available for \$5.

## SPRING CAMP

*Week One:*

**Monday, April 2 – Friday, April 6**

*Week Two:*

**Monday, April 9 – Friday, April 13**

**7 am – 6 pm**

Enjoy two weeks of fun during the holiday break. Spring camp consists of daily arts and crafts, science, sports and games, snacks, and other fun projects to fill the day. Day Camps fill up quickly, so register now to ensure you child's spot. The cost is \$80 per week.

## INTERGENERATIONAL READING & BOOK CLUB

**April 18 – May 24**

**3:30 pm – 5 pm**

**Open to Grades 1st – 8th**

Students work with older adults and staff from UCSD to improve their reading skills. The program is designed to make learning fun by offering opportunities to build confidence and self-esteem. The program concludes with a book fair. This is a free event with free books for all!

## Rental Rates for your Special Event in Spring Valley

Room	Cap./Sq.Ft.	Regular Hr/Day	Non-Profit Hr/Day	Deposit	Table & Chair Rental Fee
<b>Ketell (weekend)</b>	250 / 3952 sq. ft.	\$90 / \$500	\$80 / \$400	\$300	\$50
<b>Kitchen</b>	—	\$105	\$80	—	—
<b>Olsen</b>	78 / 1294 sq. ft.	\$55	\$40	\$100	\$25
<b>Senior Lounge</b>	32 / 754 sq. ft.	\$35	\$30	—	—
<b>Patio Lounge</b>	160 / 2300 sq. ft.	\$30 hr.	\$25 hr.	—	—

Equipment Available: 25 Round Tables | 56 Long Tables | 317 Chairs | Ice





# REC CLUBS



## TEEN AFTER SCHOOL PROGRAMS



### Spring Valley REC Club

8735 Jamacha Blvd, Spring Valley | (619) 667-6835

*Monday, Wednesday, Thursday, Friday (2:30 pm – 6:30 pm)  
Tuesday (1 pm – 5 pm)*

### Lakeside REC Club

9911 Vine St, Lakeside | (619) 443-4169

*Monday - Friday (2 pm – 6 pm)*

The Lakeside and Spring Valley REC Clubs demonstrate how to make a positive difference in the lives of youth. The goal of the REC Club is to provide a safe, fun, and positive environment. The club offers opportunities for middle and high school youth to grow through physical fitness, art expression, leadership development, community service, and educational activities while enhancing self-esteem, communication skills, problem solving, and community involvement. The fundamental object of the program is to succeed in life. Membership is free and open to youths ages 10-17. More information can be found at <http://theRECclub.org>.

### Outdoor Adventures Program

The Teen Outdoor Adventure Program allows REC Club participants the opportunity to experience the great outdoors through multiple outdoor adventure trips. The program focuses on health and wellness, team building, environmental education, community service, leadership skills, and career development. Each teen is able to see immediate and positive results in the risks they take outdoors. The Outdoor Adventure Program is free and offered year round. Trips are limited in space and priority is given to REC Club members with a daily attendance and positive behavior.

### Ambassadors Program

*Every Wednesday*

**4 pm – Spring Valley REC Club**

The Spring Valley REC Club Ambassadors program is for students in 9th grade or higher that are looking to become leaders at the REC club as well as in their community. REC Club members must apply and interview for a position as an Ambassador. Ambassadors will meet once a week to learn leadership traits, assess the meaning of tolerance, acquire time management skills plus create personal and life-long goals. Ambassadors will take trips to SDSU, the Museum of Tolerance, snowboarding and camping.

### Sk8 Crew Meeting

*Every Friday*

**3 pm – 4 pm – Lakeside REC Club**

The Lakeside REC Club is currently forming a Skate Crew! The goal is to create awareness about skateboarding in Lakeside with a youth voice for the proposed skate park. The group meets on Wednesdays to watch and create skate videos, compete in skate competitions, create concepts for the proposed skate park and take free trips to local skate spots for inspiration. Sk8Crew is free to the public and open to youth ages 10 – 17 and all skill levels.





## What is ESA?

Energy Saving Adventures (ESA) is the new REC Club perspective, taking charge of our future through resource preservation. This daily after-school program inspires and empowers youth to create change in the world around them. Through films, tournaments, experiments, and field trips, each day teens tackle important concepts through an Energy Saving Adventure.

## Two Different Locations, Twice the Fun!

### Lakeside REC Club (Teen Center)

9911 Vine St.  
Lakeside, CA  
(619) 443-4169

### Spring Valley REC Club (Teen Center)

838 Kempton St.  
Spring Valley, CA  
(619) 667-6835

For more program information, please call  
(619) 994-2819







## THE *energy* OF *efficiency*

There's never been a more important time to save energy, save money and protect our environment. We're here to help – with rebates on energy-saving appliances, programs to reduce your monthly energy bill and clean energy solutions to help conserve our natural resources.

To learn more, visit [sdge.com](http://sdge.com).



# VOLUNTEER!

It's a good thing!

*The County of San Diego Department of Parks and Recreation offers many VOLUNTEER opportunities to fit your skills and interests. These fun and challenging opportunities include:*

## LIVE-IN PARK HOST



Requires 20-hours of service per week in exchange for a campsite and hookups for a motor home or trailer.

## PARK PATROL



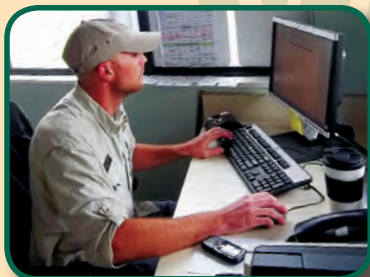
Patrol members assist the public with information on park resources and help to ensure visitor safety, and aid in the maintenance of trails.

## PARK DOCENT



Provides interpretive programs at the parks, historic sites, and open space areas, including research and development.

## COMMUNITY CENTER



Volunteers assist in clerical, maintenance, gardening, coaching, and special events. Centers are located in Fallbrook, Lakeside, Spring Valley and 4S Ranch.

## STUDENT/YOUTH



Students, Scouts, Interns, and other volunteers under the age of 18 are welcome to volunteer or complete a required project to gain community service hours.

## GROUP OPPORTUNITIES



Individuals, families, and groups can serve their communities by planting trees, assist with trail maintenance and other park related activities.



For additional information and applications,  
visit [www.sdparcs.org](http://www.sdparcs.org)  
or call 858.966.1335

**Parks  
Make  
Life  
Better!**



# *Your Dream Wedding* *at Down to Earth Prices*

Looking for a special venue for your special day? San Diego County Parks is home to beautiful indoor and outdoor spaces. From garden settings to historic sites and intimate parks, there is an option to fit every budget. Explore each venue or contact our office to customize a location that will truly define your special day.



Felicita



Flinn Springs



San Dieguito



Dos Picos



Guajome Regional



Heritage Park



Rancho Guajome Adobe



Los Peñasquitos Ranch House

[www.sdparks.org](http://www.sdparks.org)



877•565•3600



## Experience San Diego County Trails

There are many miles of hiking, biking, and equestrian trails in the County's parks and open space preserves. Some trails offer simple strolls along placid streams; others take you over rugged mountains and isolated valleys. We offer one of the most diverse trail systems in the nation.

People interested in an easy hike may want to stroll along the coastal waters at San Elijo Lagoon. For the more adventurous trekker, take the challenge in the hills of El Capitan or Hellhole Canyon. For those interested in outdoor adventures, many of our camping parks also include trail experiences.

At Lake Morena you can enjoy the Pacific Crest Trail, which boasts beautiful lake views, and William Heise offers scenic overlooks of the oak, pine, and cedar filled backcountry. Most of our trails are multi-use and have been designed to accommodate hikers, bikers, and equestrians.

For more information on the vast offering of trails, visit our website at [www.sd parks.org](http://www.sd parks.org). Parks Make Life Better!



WILDERNESS GARDENS PRESERVE



SYCAMORE CANYON GOODAN RANCH



San Diego County of Parks and Recreation



The County Parks and Recreation Activity and Program Guide is published three times a year. Copies may be downloaded from [www.sd parks.org](http://www.sd parks.org). Are you interested in receiving up to date information about the County of San Diego Department of Parks and Recreation parks programs or camping specials? To place yourself on our e-mail distribution list, please send a request and valid e-mail address to [askparks.lue@sdcounty.ca.gov](mailto:askparks.lue@sdcounty.ca.gov). Your personal information will not be shared or distributed to other organizations. Thank you for your interest in County parks and recreation programs.

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